



Dear Patient and Friend,

What is your “philosophy of life?” What are the *beliefs and values* by which you live? We don’t often discuss our philosophy with others; however, the choices that we make and the actions we take in everyday life reveal our beliefs and values. For example, if our philosophy of life places high value on working hard, we will probably work hard all of our lives and find great satisfaction in such work.

Our parents often share their philosophy with us as children. “Pretty is as pretty does” is a proverb mothers sometimes used to teach their daughters their own belief that a person’s character is more important than their appearance. Learning life philosophies from our parents is a very valuable part of growing up. Other philosophies are handed down in families as well, including the **“philosophy of health.”** Of course, we live in the age of advertising. Drug advertisements are all over the internet, TV channels and magazines. Thousands and thousands of drugs are easily accessible. This may override the healthcare values and practices we were taught when we were younger.

Today, there are two opposing healthcare philosophies becoming more visible. The first is allopathic medicine. This is a mechanistic approach to health in which the body is divided into different systems and a medical doctor who focuses solely on this system is considered a “specialist.” For example, cardiologists are heart specialists and respiratory specialists focus on the lungs and respiratory system. These doctors

diagnose their patient’s illness by examining smaller parts of the whole structure. A condition is diagnosed by gathering test results and symptomatology, then introducing a treatment, usually drugs, in hopes that the medication will relieve the symptoms and restore the sick body to health.

This approach disregards the understanding that the human body is very intelligent and is fully capable of healing itself of disease and weakness. This human intelligence needs no help, other than a fully functioning nerve system. Sometimes the body may deteriorate so badly that it needs drug intervention to sustain life until the body can regain its ability to heal itself.

The second health care philosophy is chiropractic care. **The chiropractic philosophy of health focuses on YOU** and is centered on the philosophy that the human body, being knit together in a wonderful way, will heal itself given the right opportunity and circumstances. The passion for the Doctor of Chiropractic is to promote the healing process by locating and removing any interference or blockage in the nerve system, which may be interfering with your ability to express your maximum health potential.

The philosophy of chiropractic encourages us to take control of our own health, listen to the messages our body is sending us, and get to the cause of the problem instead of simply covering them up with medication.

What is your “philosophy of health?” If you suffer from pain or illness and desire a long-term solution to optimal health, make an appointment TODAY to visit your chiropractor. If you value your body’s ability to heal itself and you believe natural approaches are best, choose the philosophy of chiropractic care. You will be glad you did!

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STRESS ... It's Just a Part of Life!

Stress is a part of our lives. There's no way around it. Some of us wish there were a few extra hours in each day. We're stressed out by the demands at work and at home. Family members may cause unnecessary tension. All of us experience the harmful effects of stress on a daily basis. Stress has become a serious health hazard and over time, stress can take a high toll on our mental and physical well-being.

Seven Action Steps to Reduce Stress:

1. **Take time outs:** Take time out each day, devoting at least twenty minutes to activities that bring you pleasure. Such activities may include gardening, exercising, reading, listening to music or playing with your kids.

2. **Breathe deeply:** Practice deep breathing prior to and during a stressful situation. When most adults become stressed they stop breathing completely or practice shallow, rapid breathing patterns. The healthiest method of breathing is deep, diaphragmatic breathing because this sends an impulse to the brain to relax.



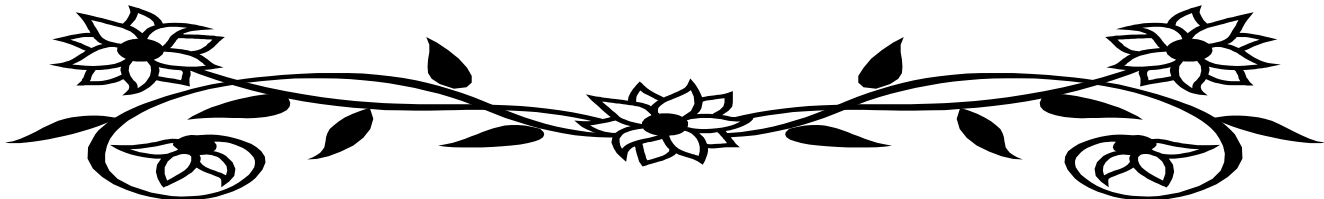
3. **Reduce or eliminate caffeine:** Concentrate on eating mostly whole foods that provide the body with sustained energy.

4. **Practice staying calm in stressful situations:** Our stress response is programmed into our nerve system. When we feel stress we automatically go into stress mode and react inappropriately. Practice everyday to re-program the nerve system with a new, positive response to stress.

5. **Get enough sleep:** Your body needs enough sleep to renew and repair itself and increase its defenses against stress.

6. **Laugh it off:** Five minutes of laughter each day greatly reduces stress. The more you laugh, the easier and more contagious it becomes.

7. **Chiropractic Care:** Chiropractic care is the quickest and most effective way to release stress in your nerve system. Removing interference and stress in your nerve system gives your body the ability to heal and regulate at its optimal level. Prevent stress by getting adjusted regularly and by living a healthier lifestyle.



Life is wonderful and we all live a blessed life. It is a privilege and honor to serve my patients and to team up with you to help you accomplish all of your health goals. Please share this wealth of valuable information with those you care for. The best gift you can give anyone is a gift of HOPE.

*As we kick off 2007, Dr. Cindy & I wish for you a magical year, a year of abundance, joy, vitality, and of maintaining the highest standards for your health and your family's health. We wish for you a **Dream-come-true New Year**. This is the time of year that we find ourselves most grateful for all of the miracles in our lives. What a perfect opportunity to share precious moments with family and friends. There has never been a better time to share your love with all of those around you. Together, we can all help to make our world a better and healthier place to live. Are you ready to make 2007 the healthiest, happiest and most prosperous year EVER? GO FOR IT! You deserve it.*

The Wellness Revolution

There are two basic reasons to consider chiropractic care. First, is the **correction of the cause** of health problems and the other is **achieving optimal wellness** for a lifetime.

Subluxations (spinal misalignments) are the cause of many health problems. The brain communicates to every tissue, organ and cell in the body through the spinal column. Any interference in nerve flow can cause a distortion of messages being sent from the brain to the rest of the body. This may result in symptoms and health problems.

A chiropractic adjustment is necessary in the correction of subluxations. When we experience symptoms such as pain, headaches, digestive disturbances, allergies, etc. we may try external means to mask the symptoms however, this does not correct the internal cause of the problem, the subluxation. The foundation of chiropractic is to locate and correct the underlying cause of health problems — a practice bringing relief of symptoms and then ultimately optimal health and wellness, naturally.

Approximately one-seventh of the U.S. economy, about \$1.5 trillion, is devoted to what is erroneously called “healthcare.” Healthcare is a misnomer, as this one-seventh of the economy is really devoted to sickness. **Sickness is defined in the dictionary as “ill health, illness, a disordered, weakened condition, or a specific disease.”** The sickness industry is reactive. They provide products and services reactively to people with an existing disease ranging from the common cold to cancer. These products and services seek to treat symptoms or eliminate disease. Despite the enormous size of the sickness industry, no one really wants to be a consumer.

In the next ten years, an additional \$1 trillion of the U.S. economy will be devoted to the Wellness industry. **Wellness is defined in the dictionary as, “the quality or state of being in good health especially as an actively sought goal.”**

The Wellness industry is proactive. People voluntarily become consumers. Their health goals include feeling healthier, increasing energy, reducing effects of aging, improving performance and fitness levels, and to avoid becoming consumers of the sickness industry. Everyone wants to be a consumer of this earlier-stage approach to health. Within the wellness industry, products and services are provided proactively to healthy people in order to continually promote a healthy lifestyle.

As a chiropractic patient for life you are aware that **chiropractic is at the forefront of the *Wellness Revolution***. There is no other health care profession that promotes and educates patients to live a wellness lifestyle. It is never too early to begin to live the *Chiropractic Lifestyle*. **Chiropractic care is a health care approach based upon the body’s natural ability to heal itself and is a very important step in a commitment to optimal health and wellness.** Optimal health and wellness is one of our most valuable possessions and we should value ourselves enough to strive for the highest level of health.

Please join us in welcoming all of our new patients. Thank you for choosing Tree of Life Chiropractic for your chiropractic needs!

Gary D.
Bob H.
Kyle H.
Chris J.
Rod J.
Allison K.
Patricia M.
Brandon W.
Susie W.

Many thanks to all of our practice members that have referred their friends and family into our practice. It is this commitment from you to promote health that will benefit the world one person at a time.

Thank you

Fascinating Facts To Think About

- Whiten your teeth the natural way. “To keep teeth bright and prevent yellowing you need to remove the staining bacteria”, says Lana Rozenberg, DDS. “This is exactly what happens when you chew certain foods that produce a high salivary flow,” she said. So, in addition to apples, take a bite out of pears, kiwis, celery, carrots, broccoli, cauliflower and cucumbers. Brighter teeth are just another perk to eating healthy foods.
- Fish oil or soy oil taken in daily supplements improves heart function and protects against heart attacks, concludes a study published in the journal *Chest*. Investigators gave 58 cardiac patients either two grams of fish oil or two grams of soy oil each day. After 11 weeks, all of the participants exhibited significant improvement in cardiac function. Those taking fish oil saw results within the first three weeks, whereas it took over eight weeks for soy oil to show positive results.
Source: Natural Health Magazine, July/August 2005
- Green tea may help fight skin cancer, according to a study published in *Archives for Dermatology*. The tea’s polyphenols — natural compounds already shown to neutralize cancer causing chemicals in test tubes—were found to have anti-carcinogenic potential for skin as well. Researchers speculate that green tea enriched products could one day help prevent skin disorders.
- More than 46 million people in the United States have made the decision to quit smoking and have succeeded. This accomplishment has far - reaching health benefits, as described by the U.S. Surgeon General: “Smoking cessation represents the single most important step that smokers can take to enhance the length and quality of their lives.”
- New research suggests that antibiotics often don’t help acute sinusitis in kids. So why prescribe them and raise the risk of creating antibiotic-resistant bacteria? Ask your child’s doctor about alternatives.
Source: Health, July/August 2005

Tree of Life Chiropractic Inc.

Dr. Heath Treharne
Dr. Cindy Treharne

Office Hours

Monday & Thursday
8:00-12:00 & 2:30-5:30

Tuesday & Friday
10:00-2:00 & 3:30-6:30

Wednesday
10:00-2:00

309.786.TREE (8733)

Calendar of Events

Every Tuesday at 7pm

TLC ‘Well’Shop. This is an informational session designed to help you understand the benefits of NUCCA care. This is open to all patients and non-patients alike. Call to reserve your seat.

1st & 2nd Saturday’s of the month (Dec., Jan., Feb.)

NUCCA Talks. These sessions are for chiropractic students wanting to learn more about the technique of NUCCA and upper cervical care.

‘Dinner with Doc’ Feb. 5th

The next “Dinner with Doc’ is scheduled for February 5th at 6:15pm. This will be held at Huckleberry’s. Plan on bringing a few friends to have them introduced to chiropractic. RSVP is requested.



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